

Compulsive Hoarding Resource List

Clinical Treatment- National/International

- **Arkansas**

Brooke Kraushaar, Psy.D.
Behavior Therapy and Counseling
Clinic
Fayetteville Clinic Ph: 479-575-0868
Rogers Clinic Ph: 479-636-6101
www.betherap.com

Ph: 818-547-2623 (Glendale, CA)

Lilly Rousseva-Stoyanova, Ph.D.
Los Angeles, CA 90024
Ph: 310-335-2202

Sanjaya Saxena, M.D.
UCLA Department of Psychiatry and
Biobehavioral Sciences
300 UCLA Medical Plaza, Room
2229
Los Angeles, CA 90095
Ph: 310-825-5938
- **California**

Michael A. Tompkins, Ph.D.
San Francisco Bay Area Center for
Cognitive Therapy
Oakland, CA
Ph: 510- 652-4455

Karron Maidment, R.N.
Coordinator, UCLA OCD Partial
Hospitalization Program
Los Angeles, CA
Ph: 310-764-7305

Paul Munford, Ph.D.
Anxiety Treatment Center of
Northern California
Sacramento, CA
Ph: 916-922-7876

Anxiety Disorders Clinic
UCLA
Los Angeles, CA
Ph: 310-825-9989

Robin Zasio, Ph.D.
Anxiety Treatment Center
Sacramento, CA
Ph: 916-366-0647
drrobin@sierrabg.com

Tanya Rishwain, LCSW, BCD, CGP
16055 Ventura Blvd.
Suite 1025
Encino, CA 91436
Ph: 818-788-0577

Eda Gorbis, Ph.D.
Westwood Institute for Anxiety
Disorders, Inc.
Los Angeles, CA
Ph: 323-651-1199

Tamra Hartl, Ph.D.
18808 Cox Avenue
Suite 290
Saratoga, CA
Tamhartl@msn.com

Rodney Boone, PhD.
University of California at Los
Angeles
Ph: 310-375-4855 (Torrance, CA)

- **Connecticut**

David F. Tolin, Ph.D.

The Institute of Living/Hartford
Hospital
Hartford, CT
Ph: 860-545-7685 Fax: 860-545-
7156

- **Florida**

Francine Sherwood, LCSW
3062 NW 91 Avenue
Coral Springs, Florida 33065
tsipi@juno.com

Thomas Joiner, Ph.D.
Florida State University
Tallahassee, FL
Ph: 850-644-1454

Brad Schmidt, Ph.D.
Florida State University
Tallahassee, FL
Ph: 850-645-1766

Bruce M. Hyman, Ph.D., LCSW
OCD Resource Center of South
Florida
Hollywood, FL
Ph: 954- 962-6662

Amie E. Grills, Ph.D.
University of Central Florida
Orlando, FL 32816
Ph: 407- 823-2568

- **Georgia**

Nader Amir, Ph.D.
University of Georgia
Athens, GA
Ph: 706-542-1173

Libby Tannenbaum, Ph.D.
Atlanta, GA
Ph: 404-634-3400

Elana Zimand, Ph.D.
Atlanta, GA

Ph: 404-634-3400

David Glick, Ed.M, LCSW, CEAP
Triad EduPsych, PC
316 Alexander St.
Suite 3
Marietta, GA 30060
Ph: 770-331-8760 Fax: 770-3634
dglick@triadedupsych.com
*uses Applied Behavior Analysis

- **Illinois**

Jane Bodine, MA, LCPC
10 W. Jefferson Ave.
Suite 1
Naperville, IL 06540
Ph: 630-416-3146

Cheryl Carmin, Ph.D.
University of Illinois at Chicago
Chicago, IL
Ph: 312-413-2633

Pamela S. Wiegartz, PhD
University of Illinois at Chicago
Chicago, IL
Ph: 312-413-9589

John Calamari, Ph.D.
Rosalind Franklin University of
Medicine and Science
Chicago, IL
Ph: 847-578-8747

Irene Tobis, Ph.D., Psychologist and
Professional Organizer
Ducks-In-A-Row Efficiency
Consultants
Ph: 312-212-1012
itobis@gmail.com

- **Kansas**

Linda Ochs, LMSW
Social Work Team Leader

Shawnee County Health Agency
1515 NW Saline
Suite 101
Topeka, KS 66618
785-291-2490
linda.ochs@co.shawnee.ks.us

* Ms. Ochs can refer
clients/family members to
practitioners or agencies in
their area

- **Maryland**

Charles S. Mansueto, Ph.D.
Behavior Therapy Center of Greater
Washington
Silver Spring, MD
Ph: 301-693-4040

Renae Reinardy, Psy.D.
Behavior Therapy Center of Greater
Washington

Silver Springs, MD
Ph: 301-693-4040

- **Massachusetts**

Daniel Beck, LICSW
1330 Beacons St., Suite 250
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dbeck19@comcast.net

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Newburyport, MA 01950
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Denise Eganstack, MA,LMHC
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Center for Anxiety and Related
Disorders (CARD)
648 Beacon St. 6th Floor
Boston, MA 02215
Ph: 617-353-9610 Fax: 617-353-
9609

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-and-
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- **Michigan**

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Central Michigan University
Mt. Pleasant, MI
Ph: 989-774-3808

- **Minnesota**

Jonathan S. Abramowitz, Ph.D.
Mayo Clinic
Rochester, MN
Ph:507-284-4431

Ph: 718-920-7667

Katherine L. Muller, Psy.D.
Montefiore Medical Center
Bronx, NY 10467
Ph: 718-920-5024

- **Missouri**

Jillon S. Vander Wal, Ph.D.
Saint Louis University
St. Louis, MO
Ph: 314- 977-2278

Fred Penzel, Ph.D.
Western Suffolk Psychological
Services
Huntington, NY
Ph: 631-351-1729

Alec Pollard, Ph.D.
Saint Louis Behavioral Medicine
Institute
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Ph: 877-245-2688

Fugen Neziroglu, Ph.D.
Bio-Behavioral Institute
Great Neck, Long Island, NY
Ph: 516-487-7116

- **New Hampshire**

Lee A. Fitzgibbons, Ph.D.
Anxiety Solutions of Northern New
England

Andrea Allen, Ph.D.
Private practice
New York, NY
Ph: 212-989-4780
Dr. Jose A. Yaryura-Tobias MD
Bio-Behavioral Institute
Great Neck, NY 11021
Ph: 516-487-7116

Littleton, NH
Ph: 603-991-3227

- **New Jersey**

Allen H. Weg, EdD
Stress & Anxiety Services of New
Jersey, PA
Milltown, NJ
Ph: 732-390-6694

Stephen C. Josephson, Ph.D.
Clinical Associate Professor
Psychology in Psychiatry
Cornell University Medical College-
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16 East 65th St.
New York, NY 10021
Ph: 212-288-2777

- **New York**

Dean McKay, Ph.D.
Institute for Cognitive Behavior
Therapy and Research
Ardsley, NY (West Chester County)
Ph: 914-674-9291

Masha Friedman, LCSW
Self Help Community Guardian
Program
P.O. Box 2037
New York, New York 10116
Ph: 212-971-7626
tweezix1@aol.com

Simon A. Rego, PsyD
Montefiore Medical Center
Bronx, NY (also has an office in
Great Neck, Long Island)

- **Ohio**

Nora C. Feeny, Ph.D.

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Anxiety Treatment Center
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- **Pennsylvania**

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Ph: 215-746-3327

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Mark Jones, MSW
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Clinic
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Jonathan B. Grayson, Ph.D.
Anxiety & Agoraphobia Treatment
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Ph: 610- 667-6490

- **Rhode Island**

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Longitudinal OCD Research
Butler Hospital
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Ph: 401-455-6216 Fax: 401-455-
6442

MMancebo@Butler.org

Steven Rasmussen, MD
Butler Hospital
Providence, RI
Ph: 401-455-6209

- **Texas**

Throstur Bjorgvinsson, Ph.D.
Menninger Clinic
Houston, TX
Ph: 800-351-9058/713-275-5000

- **Virginia**

Henriette Kellum, LCSW
6252 N. Kensington St.
McLean, VA 22101

Martha Gillis, Ph.D.
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Suite 301
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Ph/Fax: 703-533-1998

- **Washington**

Craig N. Sawchuk, Ph.D.
University of Washington Medical
Center
Seattle, WA
Ph: 206-598-7792

- **Wisconsin**

Irene Tobis, Ph.D., Psychologist and
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Ducks-In-A-Row Efficiency
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1914 Monroe St.
Madison, WI 53711
Ph: 608-249-3321

Bradley C. Riemann, Ph.D.
Rogers Memorial Hospital
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Ph: 800-767-4411 (ext. 211)

- **Canada**

Adam S. Radomsky, Ph.D.
Concordia University
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Ph: 514-848-2424, ext. 2202

Neil A. Rector, Ph.D.
University of Toronto
Toronto, ON
Ph: 416-535-8501 x 4820

Ingrid Sochting, Ph.D., R. Psych.
Richmond Mental Health Services
Richmond, BC
Ph: 604-278-9711 ext. 4610

Debbie Sookman, Ph.D.
Obsessive Compulsive Disorder
Clinic
Montreal, Quebec
Ph: 514-934-1934, Ext. 34290

Dana S. Thordarson, Ph.D.
University of British Columbia
Vancouver, BC
Ph: 604-822-7487

- **Argentina**

Prof. Dr. Herbert Chappa
Universidad Nacional de La Plata
(1900) La Plata
Ph: 0054-221-4270731

- **Australia**

Grant Devilly, Ph.D.
Swinburne University
Hawthorn, Victoria
Ph: (03) 9214 5920

Michael Kyrios, Ph.D.
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m.kyrios@psych.unimelb.edu.au

- **Germany**

Dr. Hans Reinecker
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Luebeck.de

Dr. Iver Hand
University Hospital Hamburg-
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70619 Stuttgart
Germany
Ph: +497119075503 Fax:
+497119075509
Gwendolyn.zane@t-online.de

Compulsive Buying

- **Wisconsin**

Constance M. Kilmark
Kilmark & Associates, LLC
211 South Paterson St.
Suite 215
Madison, WI 53703
Ph: 608-255-9500 Fax: 608-255-9525

Films/Movies

“Packrat” - a documentary by Chris Britt Montag, <http://www.packratthemovie.com/news.html>

Internet

Treatment Referral and Resource

- www.ocfoundation.org/1005/index.html -- The Obsessive Compulsive Foundation's compulsive hoarding web page
- www.instituteofliving.org/adc -- The Anxiety Disorders Center at The Institute of Living (Dr. Tolin's clinic; for people who are able to come to Hartford for treatment)
- www.aabt.org -- Association for Advancement of Behavior Therapy; a good reference for finding a therapist in your area
- www.adaa.org -- Anxiety Disorders Association of America; a good reference for finding a therapist in your area
- www.napo.org -- National Association of Professional Organizers
- www.academyofct.org -- Academy of Cognitive Therapy; a good reference for finding a therapist in your area
- www.ocfboston.org/providers.html -- Obsessive Compulsive Foundation of Greater Boston; a good reference for finding a therapist in your area

Information

- www.nsgcd.org - National Study Group for Chronic Disorganization

Support Groups

- <http://health.groups.yahoo.com/group/H-C/>
Listowner, Paula Kotakis @ H-c-owner@yahoogroups.com
This group is for compulsive hoarders with Obsessive-Compulsive Disorder (OCD) who have a strong desire to improve their living or work space. This is a working list, so participants should be in the action stage within 60 days of joining, with regular reporting back to the group. Once a month minimum posting of actions taken is required.
- <http://www.groups.yahoo.com/group/Declutter-Support>
A group without membership limit for someone who wants support immediately. The listowner is Frances Salorio and application via email is preferred. Email Declutter-Support-subscribe@yahoogroups.com.
- jletgo@juno.com
- <http://www.childrenofhoarders.com>

This website is maintained by Donna Austin who also maintains a group message board on Yahoo:

<http://health.groups.yahoo.com/group/childrenofhoarders/polls>

Professional Organizers

- **The National Study Group on Chronic Disorganization**

www.nsgcd.org

* a source for finding certified professional organizers

- **Connecticut**

Faith Manierre

Busy Bees Professional Organizing, LLC

Ph: 860-633-2541

www.busybeesorganizing.com

- **Massachusetts**

Organizing Specialists

Ph: (978) 828-1683

www.organizingspecialists.com

Sort It Out

Natick, MA

Ph: (508) 655-3949

www.sortitout.com

Inbox Organizing, Inc.

Laurie Probststein

Ph: (617) 388-6624

www.inboxorganizing.com

Fifi Ball & Sally Brickell

Squared Away

23 Lombard St.

Newton, MA 02458

Ph: 617-630-8490 Fax: 617-630-0136

info@squaredaway.us

Doreen Doyle

Doreen Doyle Company, Organizing Services

550 Gallivan Boulevard

Boston, MA 02124

Ph: 617-436-2205

ddoyleorg@dellnet.com

Lorraine J. Fine

The Mess Fairy

96 Henry St.

Cambridge, MA 02139

Ph: 617-491-4834 Fax: 617-234-0072

themessfairy@mymailstation.com

Elizabeth Golding, M. Ed

Get Organized

Ph: 617-868-4344

elizabeth_golding@hotmail.com

Anne Goodwin

Visible Results Organizing

67 Menotomy Road

Arlington, MA 02476

Ph: 781-643-3879

visibleresults@comcast.net

Beth Johnson

Clutter Workshop

Western MA

Ph: 860-232-3838

beth@clutterworkshop.com

<http://www.clutterworkshop.com/>

Help with Cleaning Out

Big Brother Big Sister Foundation

Boston, MA

* Accepting clothing and household goods

To schedule a pick up: 1-800-483-5503

For addresses of collection bins: <http://www.bbbsfoundation.org>

Judy Quint

Program Support Specialist

Ph: 617-236-8366

jquint@bigsister.org

Recipients of Discarded Items

Free Pick Up

The Salvation Army

Ph: 1(800)95-TRUCK

<http://www.salvationarmy.org>

Goodwill

Ph: (301) 530-6500

<http://locator.goodwill.org>

Society of St. Vincent de Paul

Ph: (314) 576-3993

<http://www.svdpusa.org>

Freecycle

<http://www.freecycle.org>

American Lung Association (cars only)

<http://www.donateyourcar.org>

Donate a Car 2 Charity (cars only)

Ph: 1(877) 505-5775

<http://donateacar2charity.com>

Donation Line (cars only)

Ph: 1 (877) 227-7487

<http://www.donationline.com>

The Cristina Foundation (computers only)

Ph: (203) 863-9100

<http://www.cristina.org>

Selling Goods

E-bay

<http://www.ebay.com>

iSold It

Ph: (877) I-SOLD-IT

<http://www.i-sold.com>

Craig's List

<http://www.craigslist.com>

Pick up for a Fee

Bob Severino

House Works

Newton, MA

Ph: (617) 928-1010

<http://www.house-works.com>

* Specialize in home cleanouts, 10 years of experience, understand the importance of really listening to clients. Services are \$48/hr if connected to client through a non-profit. Can also modify homes to improve safety, ex. Installing grab bars by the shower, tub or toilet.

Junk Out

Locations in Massachusetts, Southern New Hampshire, and Rhode Island

* From the website: “We remove as little as one item or as much as multiple truckloads, leaving the premises absolutely clean. Our friendly and courteous uniformed staff arrives in a new clean truck and removes all your unwanted items from the premises quickly and efficiently, sweeping or vacuuming the area after loading is complete.”

Ph: 1-888-JUNK-OUT

<http://www.1888junkout.com>

Nationwide Services

Ph: 1(800)-GOT-JUNK

www.1800gotjunk.com

* Haul away junk in bulk. Rates are based on the size of the load, not the time involved in loading the junk. Rates range from \$161/load to \$628/load. No discount rates. Can be hired to take things to charities to be dropped off, but items must be in very good condition.

Moving/Eviction resources

Gentle Giant

29 Harding Street

Somerville, MA

Ph: (617) 661-3333

www.gentlegiant.com

Isaac's

Ph: 1(800) 466-7934

www.isaacrelocation.com

Roadrunner Moving and Storage

Charlestown, MA

Ph: (61) 242-2882

www.roadrunnerworldwide.com

Moving Up (Solutions at Work)

Ph: (617) 492-0300

* Offers low-cost services to individuals who cannot afford commercial moving rates. Typically services are provided to individuals who are being displaced from an affordable apartment by rent increases, moving into an apartment from a shelter and retrieving stored possessions, or are elderly and downsizing to a smaller apartment.

Researchers

- Holly LaSalle-Ricci, MA
Postdoctoral Fellow

Laboratory of Clinical Science
National Institute of Mental Health
Building 10, 3D-41
10 Center Drive
Bethesda, MD 20892
Ph: 301-594-0393 Fax: 301-402-0188

Task Forces-National and International

- **California-**
Mark Odom, LCSW
Serice Chief II
County of Orange Health Care
Agency
Behavioral Health Services
Older Adult Services
P.O. Box 355
Santa Ana, CA 92702
Ph: 714-972-3700
modom@ochca.com
- **Canada-Ottawa Hoarding Task Force**
Elaine Birchall, MSW, RSW
City of Ottawa
People Services
Public Health and Long Term Care
Branch
495 Richmond Road
Ottawa, CA K2A-4A4
613-724-4122 ext. 23486
- **Kansas-Shawnee County Health Agency Hoarding Task Force**
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Social Work Team Leader
Shawnee County Health Agency
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785-291-2490
linda.ochs@co.shawnee.ks.us
- **Massachusetts-**
Sherry Bell, LSW
Highland Valley Elder Services
Northampton, MA 01060
sbell@highlandvalley.org
- **New York-The New York City Hoarding Task Force**
Rosemary Bakker
Weill Medical College of Cornell
Project GEM
525 E. 68th St.
Box 39
Baker F1412
New York, New York
www.cornellaging.org/gem

Janet Lessem, CSW
Cardozo Bet Tzedek Legal Services
Benjamin N. Cardozo School of
Law- Yeshiva University
55 Fifth Avenue
New York, NY 10024
Ph: 212-790-0240 Fax: 212-790-0256
- **Wisconsin-Dane County Hoarding Task Force**
Dane County Hoarding Task Force
Area Agency on Aging of Dane
County
1955 W. Broadway
Madison, Wisconsin 53713
Ph: 608-224-3660

Agencies connected to Hoarding

Stephen L. Read, MD
Associate Clinical Professor, UCLA
1621 West 25th St., #255
San Pedro, CA 90732
Ph: (310) 521-9747
Ph: (310) 859-6472 (24hrs
answering service)
Fax: (310) 521-8112
ReadSMD@aol.com
www.geriatricpsychiatrist.com

Robert Y. Haley, Captain
Boston Emergency Medical Services
Special Operations Division
767 Albany Street
Boston, MA 02118-2525
Ph: (617) 343-2367
Ph: (617) 343-1400 (24hr answering
service)
Fax: (617) 343-1199
Haley@bostonnems.org

Judy Willig, LCSW
Executive Director
Heights & Hill Community Council

December Heffernan, MSSW
Brookline Senior Center
93 Winchester Street
Brookline, MA 02446
Ph: (617) 730-2753
Fax: (617) 730-2761

Services for Older Adults
160 Montague St.
Brooklyn, N.Y. 11201
Ph: (718) 596-8789
Fax: (718) 403-0346
JWheightsandhill@aol.com
www.heightsandhill.org

Marcelo Rosa Cavalheiro, M.F.T.
Program Administrator
TeleCare LA A.C.T. 7
12440 Firestone Blvd., Suite 3025
Norwalk, CA 90650-9331
Ph: (562) 929-6688 ext: 102
Fax: (562) 868-8396
marceloc@telecarecorp.com

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Public Housing Outreach Service
Coordinator
Human Development Center
1401 East First Street
Duluth, Minnesota 55805
Ph: (218) 529-6365